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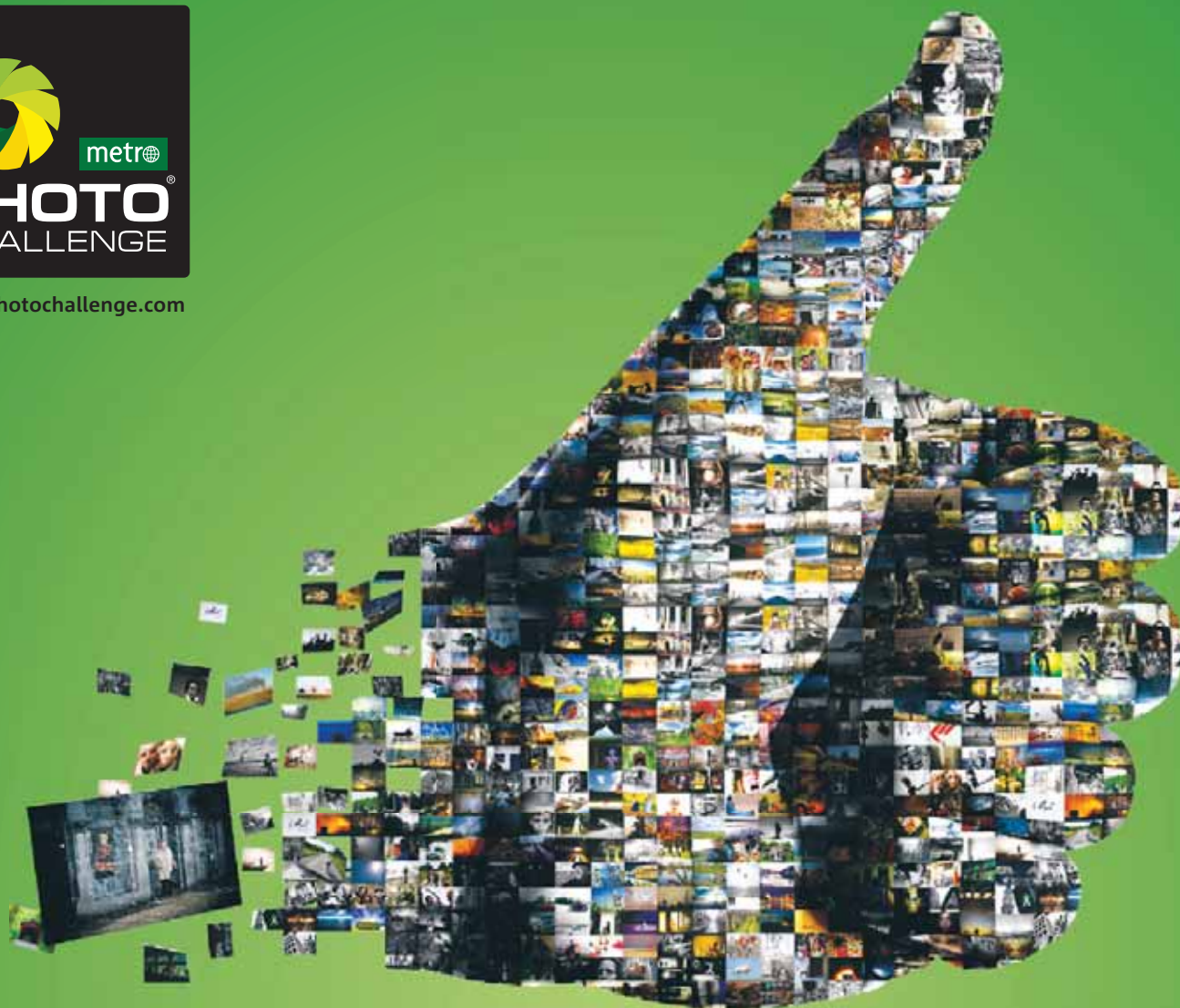
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**DARK MESSAGE
BLACK LICORICE
LINKED TO HEALTH
PROBLEMS** {page 14}

**DEADLOCK
SEASON AT RISK AS
PLAYERS REJECT
LATEST OFFER** {page 22}



**ONE MONTH
A CHECK ON
OCCUPY CAMPS
IN CANADA** {page 4}



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News worth
sharing.

Students grieve for hockey player

- ▶ Coach says teen 'was just putting it out for our guys'
- ▶ Family has donated the youth's organs for transplants



HEATHER
MCINTYRE
@METRONEWS.CA

Candles, photos and messages of love and remembrance stretched across the walls of Holy Trinity Catholic High School yesterday, as students and staff mourned the death of an Edmonton teenager. A single flame, photo and news article were also at 16-year-old Kyle Fundytus' locker.

"It's very important to us to make sure that this is available to them," said principal Cathy Nissen. "We will leave this up as long as the students need it."

Fundytus died Sunday morning after being hit in the neck with a puck while blocking a shot Saturday afternoon — something his coach called a freak accident.

Nathan Papirny, coach of the South Side Athletic Club's Don Wheaton midget AA team, said it's part of hockey, and no amount of equipment can protect a player

completely.

"These kids are covered in gear, and high-end gear," he said yesterday. "You have vulnerable spots on your body in any kind of gear, and it hit that vulnerable spot."

He choked back tears as he spoke of how Fundytus was so well respected by his peers that he was recently elected as an assistant captain despite his young age.

The teen's father, Laurie Fundytus, issued a statement that his son's "zest for life and his passion for hockey will be a memory the family will carry on for the rest of their lives."

WITH FILES FROM THE CANADIAN PRESS



In Memory

▶ Tribute to Kyle Fundytus at Holy Trinity.

Remembrance

- ▶ SSAC officials said players at the midget level wear neck protection, as Fundytus was, required by Hockey Canada.
- ▶ Hockey Edmonton, Hockey Alberta and Hockey Canada all plan

to review what happened and may suggest better protection along with education.

- ▶ Details for the funeral have yet to be announced. The school is planning a memorial with the family. The SSAC also plans to establish a memorial scholarship.



▶ Firefighter Luke Dusza puts finishing touches on a gingerbread house yesterday at the EPCOR Tower, to launch the Christmas Bureau's 2011 campaign.

SHELLEY WILLIAMSON/METRO

Christmas Bureau gears up

The charity hopes to provide 70,000 people with the fixings for Christmas dinner by raising \$1.8 million. To donate, visit christmasbureau.ca.

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City to chew on dog restrictions

► Pit bulls, other dogs involved in attacks restricted since 2003



HEATHER MCINTYRE
@METRONEWS.CA

Councillors may be barking up the wrong tree by revisiting restrictions put on certain breeds of dogs, says Coun. Ed Gibbons.

But Mayor Stephen Mandel would like information on whether the restrictions are necessary.

"We need to look at this," he said at a committee meeting yesterday, adding he gets many calls and emails about those who disagree with the by-law passed in 2003, placing restrictions on mixed-breed Staffordshire bull terriers and American Staffordshire terriers.

A city report proposed permanent identification of the dogs via microchips, said community services manager David Aitken, but the committee instead will receive information in January on about 400 animals re-

Licence changes

► Owners of spayed and neutered pets will no longer enjoy one year of free licencing due to a low compliance rate in recent years.

► National database identification, vet care and new education campaigns could increase licence numbers, as 65 per cent of dogs are licenced in Edmonton compared with 90 per cent in Calgary, said Aitken.

stricted in Edmonton as well as restrictions in other municipalities.

"It is contentious," said Aitken, adding some believe "it's not the animal, it's the owner that has the issue."

Owners of restricted dogs, which also include those who have attacked people, must muzzle them in public, pay higher licensing fees and carry \$1 million in insurance.



► Dog breeds like pit bulls, seen here, are currently restricted by the City of Edmonton. Yesterday, a council committee requested information on restricted dogs in the city and bylaws in other municipalities.

Police seek red minivan involved in hit-and-run

Police are looking for a red Dodge Caravan (2002 — 2007) with "significant front-end damage" from a hit-and-run early Sunday that sent a 25-year-old man to hospital.

Police said a pedestrian was struck in a parking lot

2 Police are also looking for two Hispanic males in their 20s.

at 130 Avenue and 50 Street at 2:30 a.m.

Anyone with information should call police (780-423-4567) or



► A red Dodge Caravan.

CrimeStoppers (1-800-222-8477). ● METRO

News in brief

Man gets eight years for attack

Attacking his ex-girlfriend with a knife and burning her with a butane-soaked shirt has landed Jack Robert Miller, 24, eight years in prison. Miller was earlier convicted for the 2009 attack on Celine

Douville, 21. ● METRO

Pride Centre donations urged

The Pride Centre is hoping to raise \$20,000 by Dec. 15 to renovate a new space after an August fire displaced the organization. The centre will likely be near Grant MacEwan University. Call 780-488-3234 for information. ● METRO

1 news



In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Canada's new \$100 note is a major technological and esthetic departure. Watch a video of its unveiling at metronews.ca/video

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United they fall

► It's been one month since the Occupy Wall Street movement went global ► We check in on camps in Metro cities across Canada ► Word from most officials: Get out

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.



Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received \$7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.

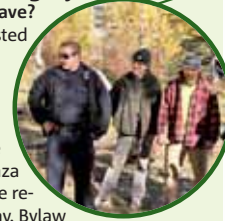
Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.

PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.



Occupy Toronto

More bark than bite? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.



Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.

Court hears honour rant

A Montreal man charged with killing his three daughters cursed them as "treacherous" for having boyfriends and said even if they came back to life 100 times he would "do the same again," court heard yesterday.

Shafia, 58, his wife Tooba Mohammad Yahya, 41, and their son, Hamed, 20, have each pleaded not guilty to four counts of first-degree murder.

Three teenage Shafia sis-

ters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, Shafia's other wife in a polygamous marriage, were found dead inside a car submerged in the Rideau Canal in Kingston, Ont., on June 30, 2009.

Several intercepts, made from listening devices placed in the family's minivan, home and on Hamed's cellphone in the days leading up to their July 22, 2009, arrests were played in

"Even if, God forbid, they hoist us onto the gallows ... we accept it wholeheartedly"

MOHAMMAD SHAFIA TO HIS WIFE AND SON, AS HEARD ON A POLICE INTERCEPT ONE DAY BEFORE THE THREE WERE ARRESTED

court yesterday. Shafia largely dominates the conversations, lamenting the

fact that his daughters were dating, and rants about family honour.

Court has heard that much of the family turmoil surrounded Zainab and her boyfriend, whom she married for one day, and relatives have testified that Shafia wanted to kill her. Yahya is heard on one intercept saying she knew Zainab was "already done," but she wishes the "two others" weren't.

THE CANADIAN PRESS

ISS. Expedition



► The Soyuz TMA-22 rocket is seen on the launch pad during a snow storm for the launch of Expedition 29 to the International Space Station yesterday.

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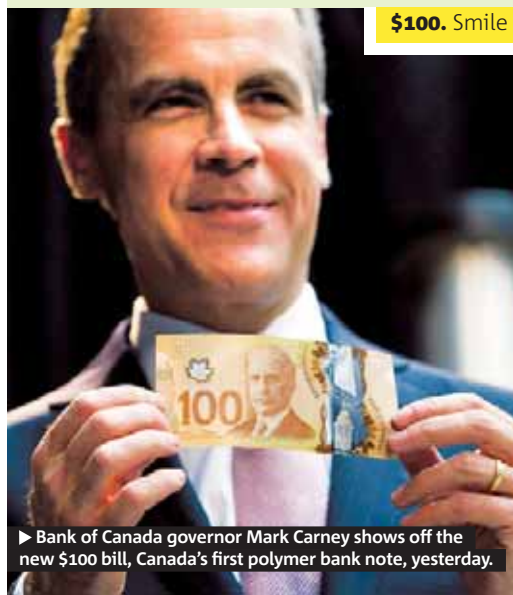
Soldiers' stories being gathered

Stories from Canadian soldiers who have served in Afghanistan are being collected so they can be shared.

Afghanistan: A Soldier's Story will be a hardcover compilation of "very human stories and photographs" of those who deployed with the Canadian Afghanistan Combat Mission between 2002 and 2012.

Submissions can be made online at afghanistancanadianstory.ca.

● HEATHER MCINTYRE



\$100. Smile

▶ Bank of Canada governor Mark Carney shows off the new \$100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada yesterday rolled out its new \$100 bill to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple leaf window.

More than a pipe dream despite setback

▶ Alberta premier has no regrets about pipeline project ▶ Confident Keystone XL will win U.S. approval

Premier Alison Redford says she still believes in the Keystone XL pipeline project and remains confident it will eventually win approval in the United States.

And she says it will be up to the U.S. alone to make up its own mind and judge the \$7-billion bitumen pipeline on its own merits.

The U.S. State Department slammed the brakes on the cross-border plan

last week by ordering pipeline giant TransCanada to take it back to the drawing board.

Redford says she has no regrets about Alberta's lobbying efforts on Keystone, saying that it would have been inappropriate for Alberta to try to influence an independent regulatory process.

She says that process is still underway and needs to be allowed to run its course. **THE CANADIAN PRESS**

Massive protest

▶ Keystone XL, designed to transport bitumen from Alberta's oilsands down through six U.S. states to refineries on the Gulf Coast, met a massive groundswell of protest from environmental advocates in both the U.S. and Canada.

▶ The original route took the pipeline directly through the Sand Hills of Nebraska and over a key underground aquifer that provides drinking water to millions of U.S. residents.

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Slowdown in all major economies: OECD index

- Changes in economic trend over six to nine months
- Index doesn't judge speed of recovery or downturn

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed “more strongly to slowdowns in all major economies” with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from 101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August.

For the OECD member countries as a whole, Sep-

tember's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

Bank of Canada governor Mark Carney warned that the global economy was confronted by a new wave of credit tightening as a result of the European debt crisis.

With



private lending drying up over concerns about sovereign debt in Europe, Carney said it is again up to the

public sector, in particular central banks, to ensure there is sufficient credit available at reasonable terms for businesses and households to continue to invest and spend.

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Airline fined \$900K for tarmac delays

The U.S. Department of Transportation said yesterday it has fined a regional affiliate of American Airlines — American Eagle Airlines — \$900,000 US for keeping hundreds of passengers cooped up for hours on planes in Chicago earlier this year.

The airline had tarmac delays of more than three hours on 15 flights arriving at O'Hare International Airport on May 29, affecting 608 passengers. Up to \$250,000 of the fine can be credited for refunds, vouchers and frequent-flyer mile awards to passengers.

The department implemented a new rule in April 2010 limiting tarmac delays on domestic flights to three hours. It has also been extended to international flight delays, which are capped at four hours.

THE ASSOCIATED PRESS



Roofs. Bobbing



► In this Oct. 16 photo, vehicles at a Honda car factory sit submerged in floodwaters in the Rojana industrial district in Ayutthaya province, central Thailand.

Starbucks drops hidden costs

Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer-protection agency fined the company \$1,575 US over the practice. Starbucks, claims the charge covered extra labour and packaging costs. THE ASSOCIATED PRESS

► Italian right-wing party supporters hold a banner that partially reads, “No to Monti” during a protest in Rome yesterday.



Italy's PM-designate steps up to the plate

Italy's prime minister-designate Mario Monti said yesterday it is “premature” to say whether the country will require more tough measures to rescue its finances and revive its economy, as he sought enough backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent yesterday consulting with political parties, then said he couldn't say when he would have a cabinet lined up.

A few party leaders have

been demanding the non-partisan Monti only last long enough to implement economic reforms, then step down so elections can be called this spring, a year ahead of schedule. But Monti, a 68-year-old economist, made it clear that he intends to serve until spring 2013 elections.

Investors initially cheered Monti's appointment, though concern lingered about the sheer amount of work his new government will have to do to restore faith in the country's battered economy and finances. THE ASSOCIATED PRESS

Canada looks eastward

Canada has emerged from meetings with Asia Pacific nations with one foot firmly facing East in search of new economic opportunities and the other kicking its largest trading partner for delaying a major Canadian pipeline.

Prime Minister Stephen Harper used the two days at the APEC Summit in Hawaii



► Prime Minister Stephen Harper and U.S. President Barack Obama.

to more forcefully advance a trade strategy for the region that his government has been promising for the last five years. Leaders of APEC said the region is now the vanguard for global growth.

THE CANADIAN PRESS

Sinking below the surface

A month after being inundated, the factory that makes nearly five percent of Honda vehicles worldwide is still submerged under 1.5 metres of water.

Market moment

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OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO



the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys

did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

Today, my Rx for distance vision is a solid -6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

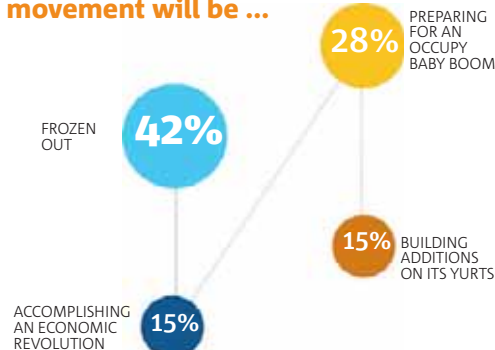
Read more of Jessica Napier's columns at metronews.ca/shesays

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then but my face would never be



Register at
metropolitanpanel.ca
and take the quick poll

At the end of winter, the Occupy movement will be ...



Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
DARTMOUTH, N.S.



► This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid \$870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an

imperfect way of mourning.

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang.

It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**



► Kim Il-nam displays beads made from his father's ashes

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2

scene

Scene in brief



Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released *The Iron Lady*. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS

A 'krilling' adventure

► Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story



**RICHARD
CROUSE**
SCENE@METRONWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his resumé it's easy to see what he means. His creations, like *Mad Max*, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and *Babe*, the king of the barnyard, are agents of change in their own worlds.

In his new film, *Happy Feet Two*, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill — a minute marine crustacean.

"*Happy Feet Two* is not a saga," he says. "It's not the hero myth, except from the point of view of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world."



► *Happy Feet Two* director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point

of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, *Happy Feet Two* was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune *Eric's Opera* be-

cause he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

► When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

DVD Releases

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Harry Potter and the Deathly Hallows: Part 2

Genre: Adventure

Director: David Yates

Stars: Daniel Radcliffe, Emma Watson, Rupert Grint

Ten years and eight films after *Harry Potter*'s cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In *Harry Potter and the Deathly Hallows: Part 2*, returning director David Yates, screenwriter Steve Kloves and many other cre-

ative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the *Harry Potter* sagas.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treatment, with visual mayhem and character dynamics writ large. Even viewers ful-

ly versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed.

The only disappointing aspect of this otherwise stellar send-off to *Harry Potter* is the post-production conversion to 3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final *Potter* book, which I pres-



ent as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.

Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes. ● PETER HOWELL



First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

James cheated with 19 women: Kat Von D

► Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from



► Kat Von D

everyone, and wish I didn't have to say, 'You all were

more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

Celebrity tweets



Sorry I haven't been tweeting as much! I deleted the twitter app off of my phone. Just taking some "ME" time!



@MileyCyrus



@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh



@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!



► Brad Pitt

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had

the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. ● METRO

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3 life

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog.

● METRO



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552 million people could have diabetes by 2030; experts say many cases still preventable

Casting a dark light on black licorice

► Eating large amounts of the tasty treat linked to health complications ► Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy



CELIA MILNE

LIFE@METRONEWS.CA

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure.



► Black licorice — it's just one more delicious thing that is bad for you.

sure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and be-

cause she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to nor-

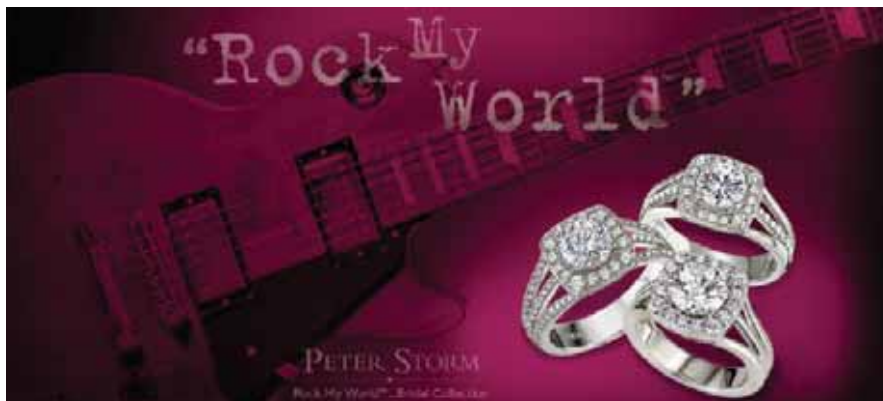
Black and white

Black licorice isn't all bad.

► **Toxic** There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients if they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

mal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.



Michael Anthony
jewellers

Unit 187, Kingsway Mall
109 Street & Princess Elizabeth Ave.
780.479.2740

Shawarma with a Tuna Twist

CLOVER LEAF



Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Preparation:

1 Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.

2 In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

cucumber. Drizzle sauce over each and roll pita up tightly to serve.

EMILY RICHARDS/
CLOVER LEAF

Unexpected French Quarter

► Nola Creole Kitchen & Music House offers food and music reminiscent of New Orleans ► Try gumbo, crawfish fritters & crab cakes with a side of jazz

CHRISTOPHER THRALL

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



At one time, the area west of the Muni on 118th Ave. was iffy at best. Gentrification has reached even here, if Nola is any indication.

The Creole kitchen delivered succulent, spicy southern gumbo (\$10), crawfish fritters (\$12) and crab cakes with Cajun aioli (\$12) along with a luscious



► Crawfish fritters and crab cakes.

► **Nola Creole Kitchen & Music House**
12402 118 Ave.
780-451-1390
Licensed: Yes
Price range: Mid
Rating: 4.5 out of 5

Fabre Montayou malbec from Argentina (\$10). The Louisiana tapas was delightful, and we ate far more than our fair share of firecracker-hot starters.

But the jazz — ah, the jazz. We walked in on the

Davis and Coltrane rhythms of AB Trio, then stayed for the Fab Tif Hall's entire set. The service was terrific, and the ambiance of a French Quarter nightclub — seedy but sensuous and informal — was all

about us.

The lunch menu is less expensive, but my money is on a night out at a jazz club where the only thing missing is a haze of cigarette smoke cloaking the musicians in mystery.

TALKING ABOUT TIPS

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of

10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table

laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to in-

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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sure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you.

Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).



► The bellman at a hotel should be tipped.

- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have

a gratuity added to the invoice, most still give a little additional gratuity.

- Car jockey when they return your car.

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GIVING GUIDELINES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a \$600 iPad and a terrible sinking feeling in your stomach because you only bought a \$50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limi-

tations are. For example, you may have set aside \$500 and have to buy gifts for 10 people while your honey may have \$1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like \$100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shinny hockey with neighbours.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

What's in your best interest?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Are you challenged? According to the November study of Canada's 5.8 million

residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage

is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of \$25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by \$77 a month.

▶ A hike of 2% increases it by \$158 monthly.

If your non-mortgage debt payments are \$500 it will take you 300 months or 25 years to retire the debt and you'll spend over \$17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to \$750 the debt vanishes in 40 months and interest costs decrease to \$4,400.

At that point you can turn the entire consumer debt payment of \$750 to



▶ Alison's money rule: Before increasing mortgage payments tackle higher interest debt first.

your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you

can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on

every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an

RN and infection control specialist.

"So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

— Ylva Van Buuren

GET WELL SOON



TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caf-

feinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

— Jane Doucet



ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

— Ylva Van Buuren

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PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY “This is the best way to stop the spread of those germs,” says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. “Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up,” says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. “So be careful not

to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that,” says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. “It helps boost the immune system in an effective way and you can take it in tablet or drop form.” (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

— Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. “Even if you still get a cold, having a strong immune system will help you fight it faster.” Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lessen symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and

chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, hering, mackerel and sardines.

— Ylva Van Buuren

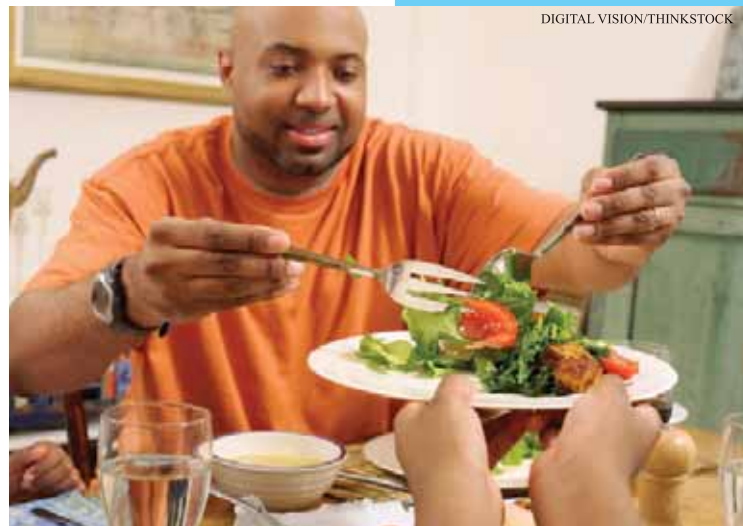
FEED A COLD, STARVE A FEVER?

Don't do it, according to the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences.

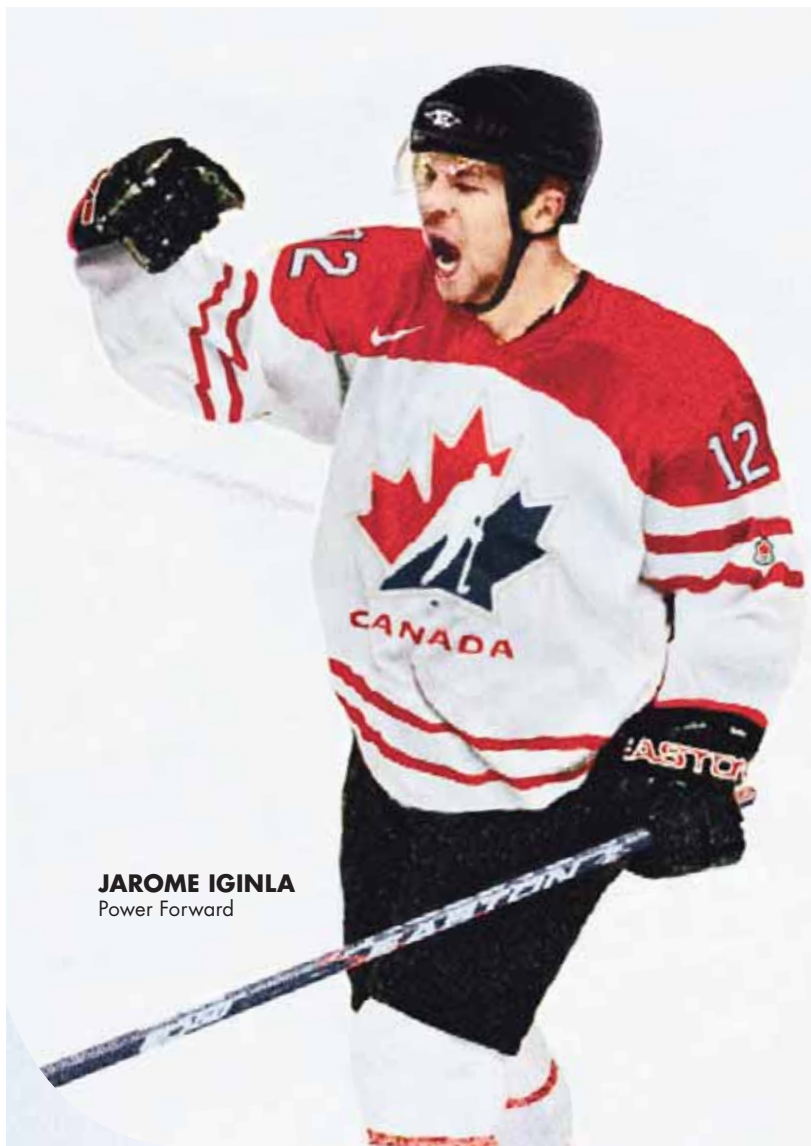
What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

“Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat,” says Schiener. “The more lubricated your body, the easier it is for us to fight off infection and keep germs out.” Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



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4 sports

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FORMER RED SOX CLOSER JONATHAN PAPELBON AFTER HE FINALIZED A \$50 MILLION US, FOUR-YEAR CONTRACT WITH THE PHILLIES YESTERDAY.



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‘Nuclear winter’ for NBA?

► Commissioner says season is in jeopardy after players reject offer, start to disband union

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players’ association rejected the league’s latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said “nuclear winter” is coming.

“We’re prepared to file this antitrust action against the NBA,” union executive director Billy Hunter said. “That’s the best situation where players can get their due process.”

And that’s a tragedy as far as Stern is concerned.

“It looks like the 2011-12 season is really in jeopardy,” Stern said in an interview aired on ESPN. “It’s just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That’s not happening.”

Hunter said players were not prepared to agree to Stern’s ultimatum to accept the current proposal or face a worse one, saying they thought it was “extremely unfair.” And they’re aware what this battle might cost them.

“We understand the consequences of potentially missing the season; we understand the consequences that players could



► NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players’ union yesterday.

potentially face if things don’t go our way, but it’s a risk worth taking,” union vice-president Maurice Evans said. “It’s the right move to do.”

But it’s risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

“Mr. Kessler got his way, and we’re about to go into the nuclear winter of the NBA,” Stern told ESPN. “If I

‘Broken down’

Union executive director Billy Hunter said the bargaining process had “completely broken down.”

► Players made numerous economic concessions and were willing to meet the owners’ demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

were a player ... I would be wondering what it is that Billy Hunter just did.”

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players’ guaranteed contracts could legal-

ly be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league’s labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining

couldn’t produce a deal, with owners’ desires for more competitive balance clashing with players’ wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it’s the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

THE ASSOCIATED PRESS

Hockey greatness from unlikely places



► From left, Doug Gilmour, Mark Howe, Joe Nieuwendyk and Ed Belfour at the Hockey Hall of Fame in Toronto yesterday.

There is no one certain path to the pinnacle of a sport.

As Joe Nieuwendyk, Ed Belfour, Doug Gilmour and Mark Howe took their place in the Hockey Hall of Fame yesterday, they reflected on careers that looked nothing alike but ended with them standing together on the sport’s grandest stage.

“It’s what makes it such a special place,” said Nieuwendyk. “I think the

common bond with a lot of these faces that I see on the walls ... is a real genuine passion and a love for the game and high competitive spirit in all of us.”

Nieuwendyk attended Cornell at a time when the NCAA route was far less travelled and went on to win Stanley Cups with three different teams.

Belfour was considered eccentric, but managed to compile the third most vic-

tories in NHL history despite never being drafted.

Gilmour was selected in the seventh round in 1982 and wound up playing almost 1,500 career games with a heart-and-soul style that belied his modest size.

Howe grew up in the shadow of his legendary father Gordie and began his pro career as a winger before later becoming one of the NHL’s best defencemen.

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	17	10	4	2	1	67	51	23	4-3-1-1	6-1-1-0	6-2-1-1	W2
d-Buffalo	17	11	6	0	0	52	42	22	5-4-0-0	6-2-0-0	6-4-0-0	W1
d-Washington	15	10	4	0	1	55	42	21	6-1-0-1	4-3-0-0	5-4-0-1	L1
Pittsburgh	17	10	4	1	2	51	40	23	5-1-1-0	5-3-0-2	7-2-0-1	L1
NY Rangers	15	9	3	1	2	43	31	21	5-1-0-1	4-2-1-1	7-2-0-1	W6
Toronto	17	10	6	1	0	51	58	21	5-3-1-0	5-3-0-0	5-5-0-0	L1
Florida	16	8	5	0	3	46	42	19	2-2-0-3	6-3-0-0	5-2-0-3	L1
Tampa Bay	17	8	7	0	2	48	55	18	5-1-0-0	3-6-0-2	6-4-0-0	L2
New Jersey	15	8	6	0	1	53	45	17	5-4-0-1	3-5-0-0	5-5-0-0	W1
Montreal	17	7	7	1	2	42	45	17	2-4-1-2	5-3-0-0	6-2-1-1	L1
Ottawa	18	8	9	0	1	53	65	17	5-4-0-1	3-5-0-0	5-4-0-1	W1
Boston	15	8	7	0	0	52	35	16	6-5-0-0	2-2-0-0	6-4-0-0	W5
Winnipeg	18	6	9	2	1	48	60	15	3-3-0-0	3-6-2-1	4-4-2-0	W1
Carolina	18	6	9	2	1	46	63	15	4-4-0-1	2-5-2-0	3-6-0-1	L1
NY Islanders	14	4	7	2	1	29	43	11	4-3-1-0	0-4-1-1	1-6-2-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	18	11	4	1	2	62	52	25	7-1-0-2	4-3-1-0	6-3-1-0	W3
d-Dallas	16	11	5	0	0	48	41	22	6-1-0-0	5-4-0-0	6-4-0-0	L2
d-Minnesota	17	9	5	2	1	39	36	21	5-2-1-0	4-3-1-1	7-2-1-0	W1
Edmonton	17	9	6	0	2	39	38	21	5-1-0-1	4-5-0-1	6-4-0-0	L3
San Jose	15	9	5	1	0	44	39	19	4-3-1-0	5-2-0-0	7-2-1-0	L1
Detroit	15	9	5	1	0	42	33	19	7-2-1-0	2-3-0-0	4-5-1-0	W4
Phoenix	15	8	4	1	2	43	39	19	4-3-1-1	4-1-0-1	6-2-1-1	W1
Nashville	16	8	5	2	1	43	42	19	2-2-1-1	6-3-1-0	6-2-2-0	L1
Los Angeles	17	8	6	1	2	41	40	19	5-4-0-1	3-2-1-1	3-5-1-1	W1
Vancouver	18	9	8	0	1	55	51	19	4-2-0-1	5-6-0-0	5-5-0-0	W1
St. Louis	16	8	7	0	1	40	38	17	5-1-0-1	3-6-0-0	6-3-0-1	W1
Colorado	17	8	8	1	0	49	54	17	2-6-0-0	6-2-1-0	3-6-1-0	L1
Calgary	16	7	8	1	0	35	42	15	3-4-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	17	6	8	1	2	35	51	15	4-4-0-0	2-4-1-2	2-5-1-2	L1
Columbus	16	3	12	0	1	36	60	7	3-5-0-1	0-7-0-0	3-7-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Winnipeg 5 Tampa Bay 2
Buffalo 3 Montreal 2 (SO)
Philadelphia 5 Carolina 3

Sunday's results

Vancouver 6 N.Y. Islanders 1
Chicago 6 Edmonton 3
Minnesota 3 Anaheim 2
Philadelphia 3 Florida 2

Saturday's results

Calgary 4 Colorado 3
Columbus 2 Winnipeg 1
Montreal 2 Nashville 1 (OT)
Ottawa 5 Toronto 2
Boston 6 Buffalo 2
Carolina 5 Pittsburgh 3
Detroit 5 Dallas 2
Los Angeles 5 Minnesota 2
New Jersey 3 Washington 2 (SO)
Phoenix 3 San Jose 0
St. Louis 3 Tampa Bay 0

Tonight's games

All Times Eastern

New Jersey at Boston, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Phoenix at Toronto, 7 p.m.
Minnesota at Columbus, 7 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Washington at Nashville, 8 p.m.
Florida at Dallas, 8:30 p.m.
Ottawa at Calgary, 9 p.m.

Tomorrow's games

Carolina at Montreal, 7 p.m.
New Jersey at Buffalo, 7:30 p.m.
Chicago at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SABRES 3, CANADIENS 2 (SO)

First Period

No Scoring.

Penalties — Leopold Buf (slashing) 2:38,
Plekanec Mtl (tripping) 4:02.

Second Period

1. Montreal, Cole 4 (Subban, Pacioretty) 3:58 (pp)
2. Montreal, Pacioretty 8 (Desharnais, Cole) 14:17
Penalties — Gaustad Buf (roughing) 2:43,
Gerbe Buf, Desharnais Mtl (roughing) 7:00,
Gorges Mtl (interference) 7:20, Palushaj Mtl (tripping) 11:03, Gaustad Buf (slashing) 17:58.

Third Period

3. Buffalo, Royinville 7 (Roy) 0:53
3. Buffalo, Pomin 6 (Vanek) 12:30
Penalties — Adam Buf (slashing) 9:09, Gaustad Buf (cross-checking) 14:02.

Overtime

No Scoring.

Penalties — Cole Mtl (goaltender interference) 0:19, Vanek Buf (tripping) 2:49.

Shootout

Buffalo wins 2-1
Montreal — Plekanec, miss; Pacioretty, goal;
Gionta, miss; Buffalo (2) — Vanek, goal;
Boyes, goal.

Shots

Buffalo 6 13 10 3—32
Montreal 10 9 4 3—26

Goal — Buffalo: Enroth (W,5-0-0); Montreal:
Price (SOL,6-6-3). **Power plays (goals-chances)** — Buffalo: 0-4; Montreal: 1-6.

Referees — Tim Peel, Brian Pochmara.
Linesmen — Pierre Champoux, Derek Nansen.

Att. — 21,273 (21,273) at Montreal.

JETS 5, LIGHTNING 2

First Period

1. Winnipeg, E.Kane 6 (Byfuglien, Burmistrov) 4:51

2. Winnipeg, Byfuglien 3 (E.Kane) 13:02

Penalties — E.Kane Wpg (high-sticking) 9:22,
Stuart Wpg (slashing) 17:21.

Second Period

3. Winnipeg, Flood 3 (Stapleton, Little) 7:49

(pp)

4. Tampa Bay, St. Louis 4 (Stamkos, Lecavalier) 10:47

5. Winnipeg, Ladd 5 (Oduya, Wellwood) 12:14

Penalties — Bogosian Wpg (holding, unsportsmanlike conduct) 1:51, Downie TB (hooking) 6:40, Oduya Wpg (hooking) 16:48, Burmistrov Wpg (high-sticking) 17:31.

Third Period

6. Winnipeg, Stapleton 2 (Glass) 10:04

7. Tampa Bay, Stamkos 11 (Gilroy) 10:26

Penalties — Slater Wpg (slashing), Stamkos

TB (interference, slashing) 19:16.

Shots on goal by

Tampa Bay 11 15 6 32
Winnipeg 16 9 14 39

Goal (shots-saves) — Tampa Bay: Roloson (L,5-4-1)(22-18), Garon (12:14 second; 17-16);
Winnipeg: Pavalec (W,5-7-3).

Power plays (goals-chances) — Tampa Bay: 0-6; Winnipeg: 1-2.
Referees — Brad Meier, Ian Walsh. **Linesmen** — Thor Nelson, Mark Wheeler.

Attendance — 15,004 (15,004) at Winnipeg.

SOCCER

MLS PLAYOFFS

MLS CUP

Sunday, Nov. 20

At Carson, Calif.

All times Eastern

Houston vs. Los Angeles, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

EAST

Bye: Winnipeg
Hamilton 52 Montreal 44 (OT)

WEST

Bye: B.C.
Edmonton 33 Calgary 19

DIVISION FINALS

Sunday, Nov. 20

EAST

Hamilton at Winnipeg, 1 p.m.

WEST

Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27

At Vancouver

East vs. West champion, 6:30 p.m.

NFL

WEEK 10

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	4	0	.556	215	200
Buffalo	5	4	0	.556	229	218
Miami	2	7	0	.222	158	178

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	4	0	.556	186	172
Jacksonville	3	6	0	.333	115	166
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	7	3	0	.700	220	179
Baltimore	6	3	0	.667	225	152
Cincinnati	6	3	0	.667	212	164
Cleveland	3	6	0	.333	131	183

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	208	233
San Diego	4	5	0	.444	216	228
Denver	4	5	0	.444	188	234
Kansas City	4	5	0	.444	141	218

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	218	211
Dallas	5	4	0	.556	223	182
Philadelphia	3	6	0	.333	220	203
Washington	3	6	0	.333	136	178

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	5	4	0	.556	212	196
Tampa Bay	4	5	0	.444	156	233
Carolina	2	7	0	.222	190	237

NORTH

	W	L	T	Pct	PF	PA
Green Bay	9	0	0	1.000	320	186
Detroit	6	3	0	.667	252	184
Chicago	6	3	0	.667	237	187
Minnesota	2	7	0	.222	179	244

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	1	0	.889	233	138
Seattle	3	6	0	.333	144	202
Arizona	3	6	0	.333	183	213
St. Louis	2	7	0	.222	113	223

Last night's result

Green Bay 45, Minnesota 7

Sunday's results

Dallas 44 Buffalo 7
Denver 17 Kansas City 10
Miami 20 Washington 9
St. Louis 13 Cleveland 12
Arizona 21 Philadelphia 17
Tennessee 30 Carolina 3
Pittsburgh 24 Cincinnati 17
Houston 37 Tampa Bay 9
New Orleans 26 Atlanta 23 (OT)
Jacksonville 17 Indianapolis 3
Seattle 22 Baltimore 17
San Francisco 27 N.Y. Giants 20
Chicago 37 Detroit 13
New England 37 N.Y. Jets 16
Thursday's result
Oakland 24 San Diego 17

HOCKEY

AHL

Sunday's results

Hamilton 5 Binghamton 2
St. John's 4 Connecticut 3
Toronto 4 Albany 3 (OT)
Houston 5 Charlotte 2
Bridgeport 4 Hershey 2
Milwaukee 3 Oklahoma City 2
Providence 3 Worcester 2
San Antonio 3 Texas 2
Tonight's games
All Times Eastern
Abbotsford at San Antonio, 11:30 a.m.
Adirondack at Portland, 6:30 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Peoria at Hamilton, 7:30 p.m.

CHL/RUSSIA SUPER SERIES

Last night's result

At Sault Ste. Marie, Ont.

OHL 6 Russia 3

Tomorrow's game

At Regina

All Times Eastern

Russia vs. WHL, 8 p.m.

WOMEN'S FOUR NATIONS

At Nykping, Sweden

Sunday's results

BRONZE MEDAL

Sweden 2 Finland 1

GOLD MEDAL

U.S. 4 Canada 3 (SO)

Saturday's results

SEMIFINALS

Canada 3 Sweden 1

U.S. 10 Finland 0

FOOTBALL

CIS PLAYOFFS

(seedings in parentheses)

Saturday's results

ATLANTIC CONFERENCE

LONEY BOWL

Acadia (1) 39 Saint Mary's (2) 20

QUEBEC CONFERENCE

DUNSMORE CUP

Laval (1) 30 Montreal (3) 7

ONTARIO CONFERENCE

YATES CUP

McMaster (2) 41 Western Ontario (1) 19

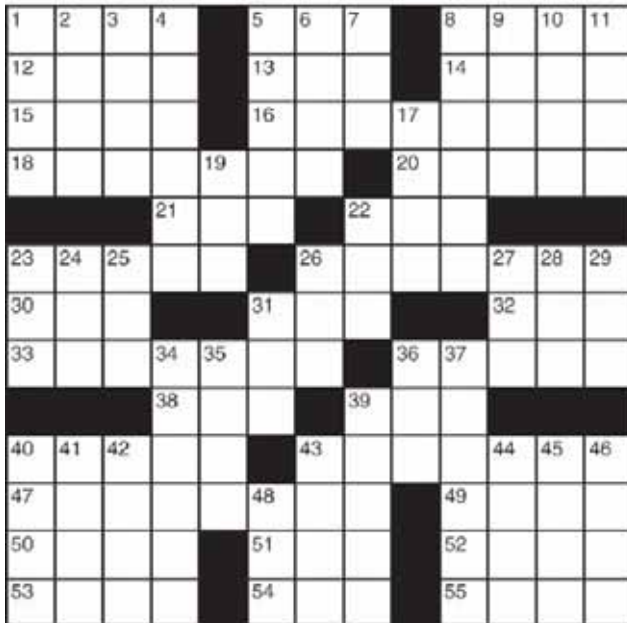
Crossword

Across

1 Dispatch a dragon
5 Pharm. watchdog org.
8 Spades or hearts
12 Former larva
13 Writer Fleming
14 Leading man?
15 CEO, e.g.
16 Poisonous metallic element
18 "— Overcome"
20 In a proper way
21 Attempt
22 Eggs
23 Intersection
26 Green onion
30 Tavern
31 Jewel
32 Rage
33 Not deep
36 Moist poultry
38 Ump's call
39 Scoundrel
40 Butter substitutes
43 Braided bread
47 Thurgood of the Supreme Court
49 Tittle
50 Rim
51 Dove's call
52 Siblings' biz abbr.
53 Night light?
54 Optical organ
55 Ninth mo.

Down

1 Jet forth
2 Sumptuousness
3 Tarzan's pals
4 America's Cup contenders
5 In a proper way
6 Willy Wonka's cre-



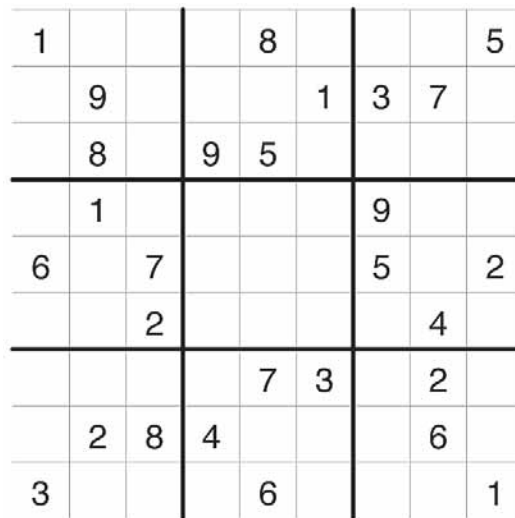
ator
7 Literary collection
8 Female friend
9 Mine entrance
10 Manhandle
11 TV trophy
17 Volcanic outflow
19 They're between
kues and esses
22 Resistance unit
23 Letterman's network
24 "Go team!"
25 Man-mouse link
26 Stitch
27 Fleur-de- —

28 Table scrap
29 Shirt shape
31 Understood
34 Untie
35 Thriving
36 Sheep's call
37 Extemporizes
39 Actress Sevigny
40 Portent
41 Stow cargo
42 As a result
43 Satiated
44 Traditional tales
45 On
46 Own, Biblically
48 Expert

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

A look at the weather

TODAY Min -2° Max -14°
WEDNESDAY Min -3° Max -7°
THURSDAY Min -3° Max -11°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



Today's horoscope

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug. 23 Don't be

too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24-Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it

stands for today's crossword answers and for expanded horoscopes, go to metronews.ca

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♐ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♑ Aquarius Jan. 21-Feb. 18

You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♒ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

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Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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